

Daily Word



A UNITY Publication

MAY 1944

15 CENTS

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a speedy victory in this world conflict, to be followed by a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

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APR. 20 to MAY 19

ILLUMINATION (11 a. m.): My mind is spiritually quickened and I understand the Truth.

•

PROSPERITY (12 noon): The increasing, multiplying power of Spirit moves all my affairs to success.

•

HEALING (9 p. m.): I am cleansed by the blood of Christ, and I rest in the consciousness of perfect health.

MAY 20 to JUNE 19

ILLUMINATION (11 a. m.): The radiant substance of Spirit shines in my mind.

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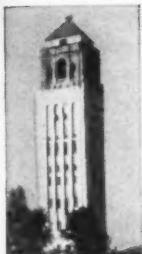
PROSPERITY (12 noon): I think and talk of God's prosperity eternally providing for me, and all my affairs respond with a steady flow of abundance.

•

HEALING (9 p. m.): Every cell of my body is alive with Spirit, and perfect health stands forth.

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EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, the Unity Campanile or Prayer Tower directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

A PROTECTING PRAYER

Father, in Thy care and keeping I place my loved one, knowing that all is well with him.

In Thy care and keeping I place my loved one who is far from me, serving his country. I cannot know his experiences, I cannot be with him as he goes among strangers in faraway places. But I can rely on Thee to be with him, to help him through every situation. I know Thy love will help him make friends out of strangers, help make his way smooth and free from unhappiness. I look to Thy Spirit to inspire him to be patient, adaptable, and harmonious in the midst of seeming confusion.

In Thy care and keeping I place my loved one. I trust Thee to guide his steps through danger's path. I have faith that Thou wilt keep him stouthearted, give him courage and strength to do all he is called upon to do.

In Thy care and keeping I place my loved one with a prayer that he and all who serve their country may find an inner strength beyond that which they have known, an inner joy to sustain them in times of loneliness, an inner peace to keep them steady and calm.

Prayer

ERNEST C. WILSON

TRUE prayer is not simply wishful thinking, nor is it petition to God to take away what displeases us and give us what we believe will please us. "Prayer . . . is the soliloquy of a beholding and jubilant soul. It is the spirit of God pronouncing his works good," said Emerson. Prayer is communion with God. It is our way of approach to a sense of conscious union with Him.

Prayer does not change God. God is without "variableness, neither shadow of turning." But prayer does change us; it gives us deeper and more assured understanding of God's purpose and of the forms of good that He has for us.

God withholds no good thing from us. "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." Trust God to confirm by manifestation either the good you seek or what in His sight is better. Say with Paul, "I will pray with the spirit, and I will pray with the understanding also." Translate your human desires into the language of God; that is, into their spiritual equivalents, knowing that even before you ask God answers. He will quicken your understanding and enable you to work with Him to transform what seems error into Truth.

All forms of prayer are good. Any prayer is better than no prayer; but the highest form of prayer is that of realization. This form of prayer brings about the most harmonious results so swiftly that often they appear to be instantaneous. Indeed to Spirit results are instantaneous; delays, postponements, disappointments are unknown.

"God is Spirit." To pray "with the spirit," means to pray in the awareness of what is completely and ultimately true and real in God's sight. Is sickness the complete and ultimate reality? No! The very desire to overcome it is evidence that it is not the highest good. "I will restore health unto thee, and I will heal thee of thy wounds."

Is lack God's will for us? No! "Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it."

Is God's will for us unhappiness? No! "For I know the thoughts that I think toward you, saith Jehovah, thoughts of peace, not of evil."

"Assume a virtue, if you have it not." Affirmations and denials, statements based not upon appearances but upon what we believe to be true of God—and in God's sight true of man and his world—are a mighty help in transforming our life through prayer.

Dr. Wilson's lesson next month is "How to Enter the Silence."

Theme Song

MARY MAE OESCH

THERE IS a certain song that has greatly influenced my thinking and my life, a song that has been my guide through darkness and my comfort in times of stress. I can recommend it as a theme song for anyone who feels the need of renewed faith and assurance.

When I was a child I had a hysterical fear of storms. In order to still my fears my mother used to sing to me, "God will take care of you." As I grew older I would go to her with the query "Are you sure He will take care of me?" Her word of reassurance was always sufficient to start me singing the well-loved hymn. I not only overcame my fear of storms but for years I have enjoyed these magnificent displays of nature's dynamic power.

As I learned more of Truth I began to understand more clearly the true breadth and depth of meaning in the hymn I had always sung.

"Be not dismayed, whate'er betide,
God will take care of you."

God is a protecting presence, a shield from the storms of life. He is courage and confidence, erasing fear and clearing my mind of doubt and dismay. He is my fortitude, my strength to measure up gloriously to any demand made upon me

or to any untoward circumstance.

When one time I thought myself at death's door and felt myself slipping downward further and further into a dark abyss of nothingness, from my subconscious mind came the long-established thought reaction: "God will take care of me. I cannot go where God is not, for He is everywhere equally present." It was as if mighty arms lifted me up then, higher and higher into an exaltation such as I had never before experienced. Needless to say, from that day my strength returned steadily, and I was soon well.

"Beneath His wings of love abide;
God will take care of you."

I soon learned that since God's presence upholds and protects those who abide in His love, I could well afford to give the "soft answer that turneth away wrath." If I abide beneath the wings of His love, how can my relations with others be aught but pleasant and harmonious?

I have learned too that because I abide in His love I can and I must share with others the beauty of Truth. When a plane flies overhead, I bless its pilot with the prayer "Beneath His wings of love abide." When a dear one takes leave of me, I send a silent blessing: "God will take care of you." Such a blessing can cross the seas and span continents to envelop in a protecting mantle those for

whom it is affirmed. "Lo, I will save thee."

Not only is our Father a resource in times of trouble but

"Through every day,
O'er all the way;
He will take care of you,
God will take care of you."

His bounty is sufficient for every demand. His life is a steady fountain of strength flowing freely to all. His love opens every door to the fulfillment of cherished desires and dreams.

God has given me poise and confidence. He has smoothed away harshness and misunderstandings. He has supplied my mind and my tongue with the right thought, the exact word. He has steadied my nerves and protected me many times.

No need in our daily life is too small to be placed lovingly in His care; no blessing too small to merit our praise and thankfulness.

Through the years my theme song has guided me. My joy, faith, and comfort in singing these words has increased and multiplied their wonder-working power and grace. And now I sing to my child, "God will take care of you." Thus from mothers to children the song will sing its way down the centuries, a blessing and a benediction to all who believe its transforming message.

"God will take care of you."

MAY 1

Monday

I REJOICE IN THE BEAUTY THAT GOD HAS
GIVEN ME TO ENJOY.

WHEREVER you are there is always some form of beauty. Never an hour passes that is wanting in beauty, beauty of the Christ within, beauty of thoughts inspired by Him, beauty of God-created world, beauty of night with sky star-hung, beauty of dawn.

The way of Truth is the way of beauty. Gladly lift your eyes from the drab, sordid, unsightly, and hopeless to the truth that God's love and power are constantly at work, renewing, restoring, adjusting, and setting things to rights. As you rest your faith in God's redeeming life, it permeates your thoughts, clears your vision, and assures you of the eternal harmony and beauty He has ordained for the world.

Nature scarred by fire or storm recovers and is restored by the healing, beautifying work of God. Cannot He who restores the stricken forest to loveliness again remove all blemishes and scars from the heart and countenance of man and from the world? Let His beauty now come forth!

* *In that day shall the branch of Jehovah be beautiful and glorious.—ISA. 4:2.*

I REJOICE TO DO WHATEVER WORK SPIRIT
ASSIGNS TO ME.

IN THESE times we are apt to find ourselves "frozen" on a certain job, forced by the demands of war to carry on at certain tasks and duties, whether we like them or not. In such an event it helps tremendously to take a long view of the situation, to realize that for the present we are in the right place, doing the work that is most necessary to ultimate peace. Our work may not be particularly heroic or spectacular, but the fact that it is considered essential should inspire us to take pride in doing our very best.

Whatever our work is, we are working with the creative forces of Spirit to establish goodness, righteousness, justice, freedom, and peace. More than this, we are developing a spirit of patience, co-operation, cheerfulness, and faith that will make us more valuable as a worker in any field of endeavor later on.

Let us rejoice in doing our work well; then Spirit will bless our efforts and prepare us for greater service in the future.

✻ *Whatsoever thy hand findeth to do, do it with thy might.*—ECCLES. 9:10.

THE LIFE OF SPIRIT CONTINUALLY RENEWS,
HEALS, AND SUSTAINS ME.

WE CANNOT observe the healing forces that are always at work in our body without realizing that health is our normal estate. If we did not mentally and physically interfere with the healing life of Spirit that constantly flows in and through us we should never experience illness or pain or bodily discord. Fear of disease or accident, anxiety, condemnation, greediness, false appetite, and mental or physical dissipation of any kind retard the work of spiritual renewal in our body and consequently result in inharmony.

We can establish and maintain perfect health in our body by diligent co-operation with the healing life of Spirit that is eternally active within us. Prayer will increase our consciousness of the healing life of Spirit and show us how to overcome all wrong mental and physical habits. As we learn to live in accordance with the laws of health, all inharmony will disappear, and we shall manifest freedom, wholeness, peace, and constant renewal in every part of our body.

✿ *For with thee is the fountain of life.*—PSALMS 36:9.

THE JUSTICE OF GOD GOVERNS MY LIFE CONTINUALLY. I GIVE AND RECEIVE DIVINE JUSTICE.

IT IS OFTEN difficult to believe that divine justice is at work in the world, and more especially in our own affairs. Many times we feel that we must take certain situations into our own hands and try to establish justice therein. In such instances we should seek God first and let Him reveal to us the path of divine justice.

We shall find that there is no prejudice, no condemnation, no thought of injustice, no cause for legal action in the mind of God, and therefore no actual reason for the belief of injustice among His children. What we have thought of as being injustice is only misunderstanding, and this can be cleared up immediately by the action of God's love and wisdom.

Divine justice rules our world when we let love, wisdom, fairness, and understanding govern our thoughts and actions. Looking to God for guidance, order, and righteousness in our affairs, we give and receive only divine justice.

♣ *Jehovah is a God of justice; blessed are all they that wait for him.—ISA. 30:18.*

MY TRUST IS FOREVER IN GOD THE GOOD.

TODAY WE are undergoing many formidable trials. Although we may sometimes become discouraged and fail to understand the reason for or the purpose in our trials, we find that trust in God always brings us solace and new courage. Even in the midst of world chaos we can be strong and peaceful within ourselves when we trust God and feel the closeness of His Spirit guiding and sustaining us. God is mighty to establish good out of seeming evil.

"To them that love God all things work together for good," wrote Paul to the Romans. Love for God creates a spirit of trust in Him that nothing can shatter. During these challenging days, let us learn to rely completely upon God for help of every kind.

If we now turn to Him in complete love and trust, we shall not only be prepared mentally and spiritually to do our part in establishing the good we want in our postwar world, but we shall also realize the fullness of our individual heritage as a child of God.

✿ *He trusteth on God . . . for he said, I am the Son of God.*—MATT. 27:43.

I FREELY FORGIVE EVERY OFFENSE AGAINST ME, AND SPIRIT IN TURN FORGIVES ME MY OFFENSES.

FORGIVING has been referred to as sanitizing the mind. We are very careful to keep our body and our surroundings clean and sanitary, but how often do we give our mind and heart a thorough cleansing? Many of us carry grudges and bear continued ill will against someone who may have offended us. We find it difficult to forgive and forget.

We must learn to forgive as we wish to be forgiven. As long as we entertain a single thought of unforgiveness against anyone, Spirit cannot forgive us our trespasses. Forgiveness is more than indifference toward any person or event. Until we desire to give some definite good in return for evil, we have not truly forgiven.

Many of our own troubles may be the result of our unforgiving attitude. Therefore it is wise to cleanse our mind and heart daily of unforgiveness, for only thus can the spirit of love and peace abide with us.

✿ *Forgive, and ye shall be forgiven.*—LUKE 6:37 (A. V.).

MAY 7

Sunday

I MEDITATE DAILY UPON GOD AND THUS
INCREASE MY FAITH IN HIM.

THE MORE we give our thought and attention to any good thing, the more faith we develop in it, because we become increasingly aware of its value and goodness. Thus thinking about God and things of the Spirit increases our faith in Him and in His good. When we meditate daily upon God and His power, we lose all doubt and fear and the belief in evil, sin, sickness, and failure, because we realize that He is mighty to conquer and overcome all that is adverse to Him and His goodness.

The faith, assurance, and clear vision we develop by meditating daily upon God makes us receptive to His blessings, and our manifest good increases according to our faith. We have more life and energy, more peace and power, more love, more success and prosperity.

As we steadfastly think upon God and spiritual things, our faith becomes dynamic, creative, transforming, and we are filled with the power of Almighty to accomplish whatever we desire

✿ *The fruit of the Spirit is . . . faithfulness.*—GAL. 5:22.

THE MIND OF CHRIST IN ME IS MY CONSTANT
INSPIRATION.

THE GREATEST joy in life lies in our ability to receive new ideas, to broaden our perspective, to grow spiritually, and to discover from day to day that our world is new and interesting and beautiful. In order to be happy we need new concepts of life, new ideas and inspiration, a new vision, a constantly unfolding consciousness of God and His good world.

Paul discerned this need of the human spirit for renewal and admonished us to be "transformed" by the renewing of our mind. Our only connection with the realm of new and inspiring ideas is through our mind, for it is our part of the universal Mind, out of which all inspiration springs and from which all good is made manifest in our world.

Again Paul advises us, "Have this mind in you, which was also in Christ Jesus." The Christ mind in us is always tuned to life, health, power, beauty, joy, peace, and plenty, and all these blessings are ours when "we have the mind of Christ."

✿ *Arm ye yourself also with the same mind.*—I PET. 4:1.

MAY 9

Tuesday

I ABIDE CONSTANTLY IN THE SPIRIT OF GOD,
AND I AM CONTINUALLY BLESSED.

WHEN WE understand that God is Spirit and that Spirit is everywhere equally present, we see that it is impossible to abide outside the pale of God's love and blessings. Regardless of who we are, where we are, or what our circumstances, we continually exist in the presence of God. His infinite good is always and immediately at our command.

We learn to know God through His Spirit within us. He is our creator and the source of all that appears in our world. We His creations must of necessity draw upon His Spirit for our sustenance and preservation. Whether we need life, love, wisdom, harmony, courage, protection, supply, or any other blessing, we can turn instantly to His Spirit within us and receive in abundance the good we desire. The promptness with which we receive and the degree of our manifest good will depend upon our awareness of His presence within us and our faith in His power to bring forth good through us.

☛ *God is Spirit; and they that worship him must worship in spirit and truth.*—JOHN 4:24.

THE LIGHT OF CHRIST QUICKENS MY SPIRITUAL VISION AND RESTORES MY PHYSICAL SIGHT.

MANY PERSONS do not realize the close connection between spiritual vision and physical sight. Those who have discerned that the light of Christ in man is the source of his physical vision have been healed of total or partial blindness. Others through their faith have put aside their glasses and discovered that their eyes responded to their quickened spiritual vision.

"The eyes of the blind shall see out of obscurity and out of darkness," promised Isaiah. The Scriptures are filled with assurances of healing to those who are blind in heart and eyes. The heart and mind must be illumined first, then the physical vision is restored.

Jesus, recognizing the faith of the blind persons who came to Him, healed them everyone. Whoever you are, whatever your condition is, it is not hopeless. There is healing for you. Even now the Christ Spirit within you is shedding light into your mind and heart, and giving you vision.

✿ *Jehovah openeth the eyes of the blind.*—PSALMS 146:8.

I AM NEVER AFRAID, FOR GOD IS MY UNFAILING PROTECTION.

THE MOST destructive element in an individual or a nation is fear. Men who want to bring on wars and destruction often accomplish more by fear propaganda than they can by the most carefully planned military programs.

The realization that God is ever with us, our unfailing shield and protection, makes us immune to the many suggestions of fear we encounter every day. No harm can beset us or our loved ones, no evil can come near us when we abide trustfully in His presence. Wherever we are, in war or in peace, God's presence gives us shelter and security. We have the strength, courage, and ingenuity to meet every experience and come through it safely.

Let us not succumb to fear in any form. Only by remaining steadfast in the realization that God is the armor of His people can we be a definite power for good in the present conflict. Let us place our loved ones in God's care, knowing that He is guiding and watching over them, protecting and blessing them wherever they are.

☛ *Thou shalt be stedfast, and shalt not fear.*—JOB 11:15.

MY SUPPLY AND SUCCESS ARE ESTABLISHED
OUT OF THE ENDURING RICHES OF SPIRIT.

WE ARE all interested in the matter of daily supply. We feel that it is our right to have all the necessities and some of the extra blessings of life. This feeling arises from the assurance of Spirit in us that we are meant to be prosperous and successful. Only our doubt, fear, anxiety, and inefficiency keep us from receiving the riches that Spirit has prepared for us.

We need to keep our vision constantly upon the abundance that is everywhere present about us, to realize that God's good is lavish, enduring, unchangeable, and that it is eternally at the command of His children. When we replace our negative and pessimistic thoughts with constructive ideas and effective action, we shall soon see an increase in our manifest good.

"The Father loveth the Son, and hath given all things into his hand," John assures us. Let us joyously accept our good and work diligently with the creative law to bring it forth.

✿ *The same Lord is Lord of all, and is rich unto all that call upon him.—ROM. 10:12.*

THE PATIENCE OF GOD INSPIRES ME TO BE PATIENT AND FORBEARING AT ALL TIMES.

THE FATHER who created the world and man and pronounced them good can never be impatient with His creations. Even though we may at present fall far short of His ideals and plans for us, He continues to know that we are "good," and that we must ultimately fulfill His divine purposes.

Therefore He is patient with us in our doubts and fears, our folly and ignorance, gently leading us on the upward path as we yield to His love, wisdom, and guidance.

We too can be more patient with ourselves and others without giving up ambition and the endeavor to achieve worth-while results, or without laying aside our ideals for ourselves, those we love, or mankind in general. We can and should look at all persons and circumstances and behold them as "good," even as our Father does. Thus we can be patient with imperfections, forbearing in our thought, loving and kind in our attitude, and helpful toward everyone at all times.

☛ *Now the God of patience and of comfort grant you to be of the same mind one with another.—ROM. 15:5.*



PHOTO BY DAVIS FROM MONKMEYER

How God Comes

HERBERT J. HUNT

Each morning, when the eastern sky
With opalescent tints grows bright,
From out the dawn for those who hear
There comes a whisper, "I am light!"

When spring arrives in bright array,
Transcending storms and winter strife,
The budding trees and opening flowers
Tell their sweet story: "I am life!"

Then through the glorious summer days,
Long hours of bliss without alloy,
The sun, the birds, all nature joins
The great, glad chorus: "I am joy!"

And when the heart is strangely stirred
With mystic echoes from above,
A voice divine speaks to the soul—
Ecstatic moment!—"I am love!"

Or if life's problems vex us sore
And from our woes we seek release,
God sends His "dews of quietness"
And gently whispers, "I am peace!"

And should there come the darker hours,
The shadowy vale can hold no fear;
That reassuring voice speaks forth,
"Courage, dear children, I am here!"

AS I RADIATE DIVINE LOVE TO MY FELLOW BEINGS, GOD BLESSES ME WITH HIS INFINITE LOVE.

WE CAN realize and enjoy more of the love that God is always ready to pour out upon us by radiating more love to His children everywhere. God can give more love to us only as we express more love toward others. As long as we harbor a single unloving thought toward anyone, we prevent the full, free flow of God's love toward us.

"But," you may say, "how can I love someone who has wronged me, or someone who continually irritates me?" Divine love does not demand that we love a person for what he does or fails to do. We can and must love him for what he is in his true nature, a son of the Most High God.

It is possible for us to love the Christ in everyone. To do so adds tremendously to our capacity to receive love from the Father and from our fellow beings. The more love we radiate the more we receive, and the greater are our happiness and blessings in every phase of our life.

✿ *Love one another, even as I have loved you.*—JOHN 15:12.

THE WISDOM OF SPIRIT LIGHTS MY WAY,
AND I AM WISE AND INTELLIGENT.

VERY OFTEN we must meet problems that puzzle us deeply, or must make decisions that are of paramount importance to us or to others. In such instances we find that our human wisdom is not sufficient to inspire and guide us aright, and we must seek the higher wisdom of Spirit that always gives us divine leading when we depend upon it.

If we desire to think and act wisely and intelligently all the time, to meet all the issues of life with clear vision and understanding, we can do so by turning to the light of Spirit within and allowing it to flood our mind and illumine our way. It heightens and quickens our powers of perception, comprehension, and direction. It makes our mind keen and alert, increases our judgment, and blesses us with the ability to solve every problem rightly and speedily. Inspired by divine counsel, we are led unerringly in the way of true knowledge and success.

✿ *The Spirit of Jehovah shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge.—ISA. 11:2.*

THE JOY OF SPIRIT FILLS ME, AND MY HEART
IS EXCEEDINGLY GLAD.

THIS NEW morning brings to us the opportunity to be more joyous and radiant than we were yesterday. This morning we stand on the threshold of new blessings, new experiences, unexplored good. We can receive fully of the joy that God has prepared for us by realizing that His is the only presence we can entertain, His the only active power in our world.

Right now, this moment, is the time for us to open the door to the infinite joy of Spirit. Whatever we knew of sadness and depression yesterday is gone. God the Father has placed His blessing of newness and joy upon today and prepared us to receive fully and share freely the good it holds for us and for His children everywhere.

With a glad, free heart let us walk through the doorway that leads to the kingdom of infinite joy. Let us welcome and give thanks for each experience, each opportunity, each blessing that God so lovingly brings to us to increase our joy and cause us to radiate joy to the world. The joy of Spirit is ours eternally.

✱ *The fruit of the Spirit is . . . joy.*—GAL. 5:22.

MAY 17

Wednesday

THE VOICE OF SPIRIT QUICKENS MY HEARING
AND OPENS MY EARS TO THE GOOD.

IT IS NOT difficult to hear the still, small voice of Spirit within us when we become quiet and listen for it. Many of us are so busy with our own thoughts and activities that we never pause long enough to hear what Spirit would say to us. Our ears are so attuned to the noise and clamor of the world that they lose much of their alertness and sensitivity. Our hearing fails us because we fail to keep in touch with the quickening, renewing power of the Spirit within us.

The voice of Spirit comes to us not as a sound that may be caught with the ears but as a feeling of quietness, assurance, and guidance from within. This feeling quickens us spiritually so that all our faculties become keener and more alert. If we take time to listen consciously for the voice of Spirit within, and concentrate in the outer upon those things only which "are of good report," we shall have perfect hearing. Our ears will be always tuned to harmony, divine guidance, and good.

☛ *He that hath an ear, let him hear what the Spirit saith.*—REV. 2:7.

I PRAISE GOD THAT I HAVE STRENGTH FOR
EACH DAY'S NEED.

WE CANNOT always know what the day may bring forth, but we can be sure that if our life is centered in God, we shall have divine strength for whatever the day may bring. "As thy days, so shall thy strength be" is a promise that fulfills itself when we rely upon God.

In the Father's wise and loving plan for us, no burden can fall upon us, no emergency arise, no grief overtake us, before we are given the grace and strength to meet them. Divine strength is always apportioned to us to meet any need or problem, no matter how large it may loom before us. With sorrow comes comfort, with perplexities comes wisdom, with added responsibilities comes added strength, always enough to lift us out of discouragement and gloom and give us courage and a sense of triumph over circumstances.

Divine strength is always sufficient. No need can ever be greater than God's power to cope with it. The days are never too long nor the problem too difficult for God. And God lives in us!

✿ *As thy days, so shall thy strength be.*—DEUT. 33:25.

MAY 19

Friday

THE SPIRIT OF GOD WITHIN ME UNIFIES ME
WITH THE GOOD WHEREVER IT MAY BE.

I DO NOT think of myself as separated from God or from the good in whatever form it may be found or wherever it may be. I know that the Spirit of God is ever with me and that through Him I am united with all that is like Him in character. I realize that in spiritual consciousness I can never be separated from God in the midst of me, God in the midst of my loved ones, God in all things.

I now wipe from mind every belief that I can be separated from God. I no longer think that other persons or things of the external world can keep me from knowing God and realizing my oneness with Him. I realize that in spiritual consciousness I am unified with God at all times and under all circumstances.

Through spiritual unity I am joined with the good in all persons. We have God in common, and through Him we lose sight of differences and inequalities. Through His Spirit we are united in an eternal bond of love, faith, understanding, and Christian fellowship.

☛ *The Lord is with thee.*—LUKE 1:28.

THE RADIANT SUBSTANCE OF SPIRIT SHINES
IN MY MIND.—UNITY CLASS THOUGHT.

THE UNITY Class Thoughts for illumination, prosperity, and healing are used as a basis for prayer and meditation by thousands of Truth students throughout the world. These thoughts are changed each month. A tremendous spiritual force is generated by the united prayers of spiritually minded people who affirm the great truths of Being that they embody.

In the illumination thought for May, which is the basis of today's lesson, our attention is directed to the light-giving power of Spirit, of God. We are told by the apostle John that God is light; and since God is light He is our only true source of illumination, wisdom, and understanding.

If we are seeking light upon some puzzling situation or problem, we do not need to go through any complicated rigmarole or ritual in order to discern the light of Spirit. It is already shining within our mind. Let us roll back the blackout curtains of unbelief and fear, and behold the glory that is there to light our way.

☛ *The LORD shall be unto thee an everlasting light.*
—ISA. 60:19 (A. V.).

I THINK AND TALK OF GOD'S PROSPERITY ETERNALLY PROVIDING FOR ME, AND ALL MY AFFAIRS RESPOND WITH A STEADY FLOW OF ABUNDANCE.—UNITY CLASS THOUGHT.

ONE OF THE most striking things that we learn in our study of Truth is the formative power of our thoughts and words. What we think about and talk about affects not only our very life but our financial affairs as well.

"Talk abundance, have abundance" is a trite saying, but it is one whose truth has been demonstrated countless times by those who believe in God's power to bless and prosper His children.

If we think about and talk about hard times, lack, shortage of materials, insufficiency of supply, and so on, we are choosing to have poverty. But we can just as easily choose to have plenty by thinking and talking only in terms of plenty of everything, for God's substance from which our supply derives is unlimited, greater than any conception of it that we can form in our mind.

Think and talk continually of God's abundance and your affairs will steadily manifest it.

✿ *He that . . . speaketh uprightly . . . shall dwell on high . . . his bread shall be given him.*—ISA. 33:15, 16.

EVERY CELL OF MY BODY IS ALIVE WITH SPIRIT, AND PERFECT HEALTH STANDS FORTH.

—UNITY CLASS THOUGHT.

ALL LIFE is Spirit, and it is expressed in us according as we realize that it is of divine origin and that we are channels for its expression. God has given us the power to say whether we shall express life imperfectly and incompletely or as wholeness and perfection of mind and body.

Each cell of our body is a tiny unit that when functioning perfectly is a perfect expression of the animating principle, the life force that makes it active. When a cell ceases to respond to this animating principle we say that it is dead and subject to decay.

Even cells that are apparently dead can be revived by the spoken word of life. Our class healing thought for this month is a powerful affirmation of life, for it recognizes the infilling presence of life and the perfect health that results from the perfect functioning of our body cells. Speak the word of life, and live abundantly.

☛ *Thy light shall break forth as the morning, and thy healing shall spring forth speedily.*—ISA. 58:8.

TODAY AND EVERY DAY I WALK WITH GOD
AND DO HIS BIDDING.

A COMMON misconception of today is the notion that God is not interested in the details of our ordinary, everyday life. The fact is that He is vitally interested in all that legitimately concerns us, because He has invested in us the very nature and power of Himself.

Whether we need health, success, happiness, friends, or anything else, God is ever ready and willing to fulfill our needs. But we must do our part by trusting Him and keeping fellowship with Him. Occasional remembrance of Him or intermittent attempts at prayer are not sufficient.

If we are to have the full benefit of God's guidance and blessing we must acknowledge His presence as being continually with us, and depend upon His help in managing all the details of our life, large or small. We must walk with Him day by day, commune with Him frequently, and implicitly follow His leading in all things. Such co-operation assures continuous blessing.

*In all thy ways acknowledge him,
And he will direct thy paths.*

—PROV. 3:6.

THE PEACE OF GOD FILLS MY HEART AND I AM PEACEFUL AND HARMONIOUS IN ALL CIRCUMSTANCES.

WITH MY attention turned to the Spirit of God within me, I lose all sense of being inharmonious. My thought is now directed away from all that is antagonistic to peace. I think only of God and find myself becoming peaceful and harmonious. I discover that in God's world there is nought but peace. I find that His world is the world of peace I enter when I enter into the consciousness of His presence.

The peace of God is my peace when I have emptied my mind of every thought that prevents me from knowing peace. When I give my whole thought to God, I can know nought but peace. When I think only of peace, I can experience only peace. The presence of God must always be to me the presence of profound peace.

Abiding in the consciousness of peace, I know that nothing in all the world has power to take my peace from me. The peace of God cannot be disturbed by persons and things of the world.

✻ [Christ] is our peace, who made both one, and brake down the middle wall of partition.—EPH. 2:14.

THE UNDERSTANDING OF SPIRIT ILLUMINES
MY MIND AND HEART AND MAKES ME KIND
AND HELPFUL.

SPIRITUAL understanding is the revelation of the presence of God within and of man's eternal oneness with this presence. All the teachings of Jesus were for the purpose of revealing to man the truth about himself and his relation to the Father. "Love your enemies," "Do good to others," "Turn the other cheek," are admonitions that denote that we must give up hate and selfishness if we expect to gain spiritual understanding.

Understanding is the gift of God. It comes to us as we desire it earnestly and seek it diligently. Sometimes it comes to us step by step as our soul comprehends new truths. Sometimes it comes suddenly in a flash of inspiration, and from that time forward we live by a new vision. But however understanding comes, it makes us infinitely kinder and more helpful to others. It enables us to view all persons, events, and situations with tolerance and compassion and see the love and wisdom of God working to establish good everywhere.

☛ *The Lord shall give thee understanding in all things.*
—II TIM. 2:7.

I AM STRONG AND COURAGEOUS, FOR CHRIST IN ME IS VICTORIOUS AND TRIUMPHANT IN EVERY SITUATION.

SOME OF the greatest victories in life are won in the heart, where no other person can see the struggle that takes place. A cheerful countenance and a courageous spirit may well be the result of an inner struggle and final victory over discouragement and apparent defeat.

Even Jesus had His moments of sorrow and despair. His experience in the garden of Gethsemane was an inner struggle that culminated in the greatest victory a man has ever won: the determination and strength to meet the trial of the cross and not hate His persecutors.

If we have faith in the Christ Spirit in us to overcome, we too can meet any experience the world may offer and be victorious. If we are steadfast in the face of every trial, courageous in time of danger, and cheerful in time of discouragement; if we are fearless, strong, and ever expectant of the good, Christ in us is truly triumphant.

✱ *Thanks be unto God, who always leadeth us in triumph in Christ.*—II COR. 2:14.

THE YOUTH OF SPIRIT IS MINE, AND I AM
ETERNALLY YOUNG.

TODAY I AM renewed in the realization that I am ageless, deathless, eternal. Having been created in the image and likeness of God and filled with His Spirit, which is ageless, deathless, and eternal, how can I grow old? The Spirit of God in me is ever young, ever alert and active, ever ready to accept new ideas and make new beginnings. With the Psalmist I can sing:

"For a thousand years in thy sight
Are but as yesterday when it is past."

I am not harassed by the thought that there is so much to do and so little time in which to do it. Realizing the endlessness of my years and the certainty of my youth, I have time to do all things well and to live fully and joyously. I have time to be kind, gracious, helpful to others; to see beauty all about me; to develop beauty within myself. I have time for the deep things of Spirit. The knowledge and inspiration I gain from constant close communion with God keeps me young and happy and confident of eternal life. I rejoice that the youth of Spirit is mine!

☛ *Thy years shall have no end.*—PSALMS 102:27.

MY THOUGHTS EVER ASPIRE TOWARD GOD,
THE GOOD, UNITING ME WITH HIM IN CON-
TINUAL PRAYER.

“**P** RAYER is man's steady effort to know God,” says Charles Fillmore in his book *Teach Us to Pray*. “Every impulse or desire of the soul for life, love, light, is a prayer,” he continues. Thus we see that prayer is or can become a constant, persistent practice with us, whether we consciously form our thoughts and desires into words or not. As long as our aspirations are high and holy, as long as the impulse of our soul is toward the good, we are abiding in a state of prayer.

Thoughts, desires, words, decrees, affirmations, are all a form of prayer; silence, concentration, meditation, and consecration are the means by which we enter into the “inner chamber,” where Jesus told us we must go if we are to pray the highest prayer and receive the perfect answer. In its highest sense, prayer is the state of being constantly attuned to God and His good. True prayer keeps us eternally unified with Him, receiving and giving lovingly of His good.

✿ *After this manner therefore pray ye.*—MATT. 6:9.

I PRESS EVER FORWARD TO THE MARK OF MY
HIGH CALLING IN CHRIST JESUS.

IT HAS BEEN rightly said that a man is not a failure as long as he keeps trying to reach his goal. As long as he presses forward with the support and courage of the Spirit within, he is not defeated, regardless of what seeming misfortune or adversity he may have experienced.

Paul was a man of great determination and zeal. Nothing could daunt him in his desire to learn of Christ and to emulate Him in thought and life and works. Such a goal led him to unusual success, for the Christ Spirit within him was his constant companion, strength, and inspiration.

Whatever goal we may have before us, whatever undertakings we may have begun, whatever may be our aims and desires for the future, we too have the power and ability of Christ within us to succeed.

So let us stand with Paul in realizing, "But one thing *I do*," and Christ in us will crown the work of our mind and heart and hands with unlimited success, joy, and satisfaction.

☛ *Be ye stedfast, unmovable . . . forasmuch as ye know that your labor is not vain in the Lord.*—I COR. 15:58.

TODAY I GREET ALL WHOM I CONTACT WITH
THIS THOUGHT: "GOD BLESS YOU."

WHAT DO you think and feel when you say, "God bless you"? Do you feel the love and power of God thrilling your mind and body and then going forth from you to bless all whom you contact? Or do you perhaps feel that you are not quite worthy of pronouncing God's blessing upon someone else?

It is good for us to feel humble before the greatness of God, but we must feel also the activating power of God. The assurance expressed by Jesus Christ as He blessed the multitudes came from the knowledge that He was serving God His Father. In the same assurance we can speak our word of blessing and know that it brings strength, healing, protection, comfort, and aid wherever needed.

The good thoughts we send out not only bless others but come back to us multiplied. Thus every heartfelt blessing we send out enriches our own life. Today, in the knowledge that we are disciples of God, let us go about His business, blessing every one of His children. Let us say to the earth and to all men, "God bless you."

♣ *Sing unto Jehovah, bless his name.*—PSALMS 96:2.

THIS DAY I AM CALM AND SERENE BECAUSE
I TRUST GOD WITH ALL MY HEART.

CALMNESS of mind and serenity of heart are invaluable assets in every situation. If our trust is placed in God we shall never be disturbed or dismayed, no matter how big or how frightening the problems we have to meet may appear to be. Nothing can undermine our self-possession when we trust in God with all our mind and heart and soul. Regardless of what situations or tasks may confront us, we can say with Paul, "None of these things move me."

The successful life is always marked by calmness, poise, and firmness of purpose. The person who trusts in God is efficient, self-possessed, and powerful. As we fellowship with God day by day our confidence in Him grows. We see that He helps us through one experience after another and fills our days with increasing joy. When we reach the place where we trust Him wholeheartedly and implicitly, nothing in all the world can make us afraid or do us harm.

He shall not be afraid . . .

His heart is fixed, trusting in Jehovah.

—PSALMS 112:7.

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IN THIS ISSUE

A Protecting Prayer - - - - -	1
Prayer—Ernest C. Wilson - - - - -	2
Theme Song—Mary Mae Oesch - - - - -	4
How God Comes (Poem)—Herbert J. Hunt - -	20, 21

Daily Lessons for May

1. Beauty	11. Protection	21. Prosperity
2. Work	12. Supply	22. Healing
3. Health	13. Patience	23. Guidance
4. Justice	14. Love	24. Peace
5. Trust	15. Wisdom	25. Understanding
6. Forgiveness	16. Joy	26. Courage
7. Faith	17. Hearing	27. Youth
8. Inspiration	18. Strength	28. Prayer
9. Spirit	19. Oneness	29. Steadfastness
10. Vision	20. Illumination	30. Blessing
		31. Serenity

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